



The Tribune Institute

At Your Service



Battle to Legalize This
Cheap Coal Tar
Sweetener.

Sugar Is a Food; Saccharin a Drug Con-
diment.

ANNE LEWIS PIERCE,
Director of The Tribune Institute.

WE ARE a great people for thinking that if a sin is little enough it becomes a virtue. Our principles all seem to have a vanishing point. Why make a fuss about a trifle? And then we wake up to find that we have abandoned a principle for an expediency, and that we have no defense and no redress when the little concession takes on a bean-stalk growth.

We now use a little bit of alum in our pickles and baking powders, a trifle of benzoate of soda in our catsups and jams, just a speck of sulphur dioxide in our molasses and dried fruits, and why not saccharin instead of sugar?

It is so much cheaper and five hundred times sweeter, and you can't prove it injures health unless you get more than 3 gram (4.5 grains) a day (so says the Referee Board).

More than this amount, however, they feel sure causes "digestional disturbances."

But why not take a sporting chance that you won't collect in your system more than the safe amount of these injurious substances? Surely no good American will mind taking a slight risk like this in behalf of commercial gains when, as one Vice-President of the United States argued, his firm saved \$4,000 in one year just by substituting saccharin for sugar?

Here we have the matter in a nutshell.

Who is Saccharin? What is she?

That all the swains adore her?

Saccharin is an artificial product made from coal tar—even its sweetness is not like that of sugar. It is sickening in its intensity, and it has not another attribute in common with the Great Sweetener—sugar.

Sugar furnishes energy and heat at the rate of 1,815 calories a pound. Four ounces a day, which is an average amount, would yield 454 calories. In times of great exertion it is the readily available source of energy and endurance and will prevent fatigue—hence its presence in the ration of the athlete, the mountain climber and the soldier.

Saccharin, on the other hand, furnishes the body nothing at all except the extra labor on the part of the kidneys to excrete it! "A fair exchange is no robbery"—but is this a fair exchange?

SOME SWEET FACTS

Sugar, "the honey of the needs" of the ancients, is a food, an especially available source of energy, one of the most economical body fuels known.

Saccharin is a coal tar product of recent origin with no food or fuel value whatever; it is admittedly injurious if more than 0.3 gram (4.5 grains) a day is taken. Who is going to weigh out your portion, if the law permits its use in foods?

Sugar is very injurious to diabetics, because owing to the special derangement of the digestive functions the sugar is not assimilated and is excreted as such by the kidneys. The effect of this disease proves nothing as to its cause.

Because saccharin is needed by the diabetic, who cannot take sugar, it does not prove that it is wholesome for a normal man. Quite the contrary. Practically all drugs having a useful purpose in diseased conditions are injurious when taken in a state of health.

Saccharin is excreted by the kidneys unused and practically unchanged—by both well and sick—to their ultimate detriment.

Substituting saccharin for sugar lowers food value and debases quality. This is adulteration under the law just as much as the addition of injurious ingredients.

Isn't it robbing the body to substitute saccharin for sugar?

Too much sugar may cause fermentation in the stomach or intestines—but it will never cause diabetes or kidney trouble—as the promoters of saccharin would lead you to think.

It is well known that the converse of a proposition is not always true. Because diabetics cannot eat sugar, it is blandly and with childlike naïveté announced that sugar causes this trouble.

Never were effect and cause more blithely juggled. Nothing could be further from the truth.

Not content with this distortion of facts, we are assured by the same light and airy process of inverted reasoning that since saccharin is good even for a special kind of invalid it must be more wholesome for a well person.

Saccharin is a drug condiment; it is not a food.

Nearly all drugs which are useful under abnormal conditions are injurious when not needed. This is a fundamental principle in therapeutics which is well established.

The advertising of such misstatements as these to promote the substitution of saccharin for sugar should be a red flag of warning to all reasonable folks of the sinister and selfish aim at work in this propaganda.

The diabetic takes saccharin as the lesser of two evils. If he must have a sweetener to keep up his appetite, and owing to his diseased condition cannot digest sugar, a minute amount of saccharin may be used. Even the diabetic would probably be better off without it.

So when the manufacturers of saccharin urge you to avoid the "dangers of sugar"—a staple food since the days of the ancients, who called it "the honey of needs"—by substituting a non-food coal tar product discovered by accident, remember that the economy is theirs, the risk is yours, and keep on smiling sweetly and eating sugar!

A Long-Drawn Battle.

The legal ins and outs of the battle between sugar and saccharin would be amusing if there were not so much at stake.

The Federal government, after issuing four different decisions, flatfootedly rules that while foods for the cure or mitigation of disease may contain saccharin, if so labelled, "this must not be interpreted to mean that the use of saccharin in foods prepared for ordinary consumption is permissible even if declared on the label."



"When the Camel Saccharin Gets His Nose Into the Pure Food Tent, It Won't Be Long Before Good Old Sugar Will Be Sitting in the Road Outside."

Plain enough, that!

Whereupon the saccharin advertisers say: "Use saccharin to sweeten, and do not hesitate to declare its presence on the label. SUCH DECLARATION STAMPS YOUR GOODS AS BEING HEALTHFUL."

Could effrontery go further? By all means, "do not hesitate" to declare it.

on the label if the goods go into interstate commerce—otherwise you may be fined or sent to jail!

That is how the warning should read under the Federal decision!

These remarkable statements are based on a Missouri decision, which in reality decided that the law could not prohibit the presence of an ingredient

unless it were proven to be injurious in the amounts in which it was present; and, secondly, that the particular law at issue was unconstitutional, because it was class legislation, and prohibited the use of saccharin in one class of products only, i. e., soft drinks, and was therefore discriminatory.

On which slender foundation the

saccharin manufacturers have erected a brave edifice proving the superiority of saccharin to sugar as a sweetener, and its healthfulness and economy!

Better fortune attended the recent test case tried in New York City against the Excelsior Bottling Works. By a vote of two to one the Special Sessions justices sustained the ordinance of the

city which forbade the use of saccharin in soft drinks.

TESTED AIDS FOR THE HOUSEHOLD

Dover Electric Iron.
Made by the Dover Mfg. Co., Canal Dover, Ohio.

OUR grandmothers, mothers and even we ourselves used the common flatiron and did surprisingly good work with it, but in this age of efficiency the wise housekeeper uses an electric iron and considers it a priceless adjunct to the laundry equipment. With it better ironing is done, less time and labor required and under far more comfortable conditions. No stove or gas burner to heat up the room, and no walking back and forth between the ironing board and the range.

The initial cost of the iron is more and the operating cost at the usual electric rates higher, but often its convenience and efficiency well repay the investment. When electricity can be bought at five cents per kilowatt hour it compares very favorably with irons using other fuels.

The Dover Electric Iron is well constructed and weighs six and three-fourths pounds, or with the six feet of flexible connection cord and separable socket attachment detached, six pounds. It is a convenient shape and well balanced, and, like an efficient iron should, retains its heat so well that the current need be "on" only one-half of the time



The Tribune Institute experts have tested all articles described on this page and know them to equal the claims of the manufacturer. The only unknown element is that of time, for it is obviously impossible to give any article the same wear and tear it would receive during weeks or months of actual usage. The material and construction of each utensil are considered, and it is believed that all described here will give service that is fully satisfactory, although the actual length of wear cannot be guaranteed definitely. Should any of our readers find that an article has broken down under ordinary conditions before it has given reasonable service the facts should be reported fully to this Institute. Both the manufacturers and this Institute endeavor to present to our readers only those articles that have real merit and are of proper construction so as to give satisfactory service. Illustrations in the Graphic Section.

ironing is being done. In ten minutes it is hot enough to begin ironing. The cost of operation is five cents per hour on a 10 cent per kilowatt hour basis. Included with the iron is a three-tier steel stand and a wire frame for supporting the iron in an inverted position so that its surface or base can be used as a hot plate for light cooking. Price \$3.50.

"Lightning" Bread and Cake Knife.

Made by the Dunn Edge Tool Co., Oakland, Me.

The odor of fresh baked bread or cake often "makes the mouth water" for a taste, but the cook will not permit sampling for fear that in cutting it will be made heavy and soggy. With

the "Lightning" Bread and Cake Knife at hand, such results need never occur, as its keen specially designed saw tooth edge will cut hot or cold cake and bread easily and leave a smooth surface. The blade is made of a good quality of steel and securely fitted into an ebony finished wooden handle. The construction is strong and durable throughout. Price 25 cents.

The "Hande" Hot Pan Lifter.

Made by E. D. Schmitt, Upper Montclair, N. J.

The problem of removing hot pots and pans from the oven is often difficult to meet without painful burning of the hands or scorching of the face

the "Hande" Hot Pan Lifter, with its long handle, is especially adapted to such work, but may be used for many other purposes. It is made of galvanized drawn wire and strong enough to lift at least fourteen pounds. The two gripping jaws—one being stationary while the other slides on the handle—can be separated any distance up to thirteen inches and will securely grip round or square pans with a rolled edge. Price 25 cents.

Grand Rapids Carpet Sweeper.

Made by the Bissell Carpet Sweeper Co., New York and Grand Rapids, Mich.

Although it is rare nowadays to find a home without either a hand or electric vacuum cleaner, the carpet sweeper still has its use, because of its lightness and the ease with which it can be operated for just "brushing up."

The Grand Rapids Carpet Sweeper possesses features that make it efficient and durable. The rubber tired wheels are pressed steel, with ball bearings that make the sweeper noiseless and easy running. An anti-raveling device prevents dirt, hair, brushings, etc., from gathering in the brush bearings, while rubber corner cushions and braided protect pieces of furniture when accidentally knocked. The brush is eleven inches wide, and consists of

five spiral rows of black bristles one and one-eighth inches long, each row having twenty-six tufts. The machine, with its forty-five-inch handle, weighs six pounds. The case is made in nut brown and golden fumed oak or mahoganyized seamyore, with either nickel or japanned trimmings. Prices \$3.25 and \$2.75.

Wire Cone Toaster.

Made by Harkins & Willis, Ann Arbor, Mich.

Until toasters suitable for use over the top burner of a gas stove were invented, the family depending upon gas as the cooking fuel had to be satisfied with bread toasted in the broiling oven. The method was usually inconvenient as well as inefficient and the toast produced not always palatable.

The Wire Cone Toaster is designed for use on the surface burner of a gas stove and will toast four slices of

bread in two minutes after the inner cone has become red hot. It is durably constructed, and through its convex bottom and turned up edges the crumbs are caught and prevented from scattering on the floor or stove. Price 25 cents, postage extra.

Rollman Apple Cutter.

Made by the Rollman Manufacturing Co., Mount Joy, Penn.

This device is simple and so designed that at one stroke it will slice the apple and cut out the core. It is made entirely of metal, tinned, and is circular in shape, with convenient hand grips. A 3/4-inch steel tube with sharp radial steel blades forms the central portion and the cutting part. The Rollman Apple Cutter is useful for general household use, and is especially adapted to preparing apples for baking; will also cut potatoes for French frying. This cutter is made in two sizes, for cutting the apple into either eighths or twelfths. Price 25 cents.

MEALS ALL PLANNED FOR THE COMING WEEK

All recipes have been tested by the writer.

VIRGINIA CARTER LEE

Culinary Expert of The Tribune Institute.

These menus are arranged with particular care as to the correct food values, a due measure of economy and the introduction of novel and tempting dishes not found in the average cook book.

Tested Recipes.

Maryland Biscuits.

Rub one teaspoonful of salt and one tablespoonful each of lard and butter into two scant quarts of flour and mix in about two cups of ice water until you have a very smooth dough. Do not use any baking powder. Knead until thoroughly mixed and turn the dough out on the bread board. Beat with the rolling pin until the dough is full of blisters and well puffed up, turning it as you beat it; then form quickly into thin small biscuits, prick with a fork and bake in a quick oven for fifteen or twenty minutes. These delicious biscuits for which Maryland is justly famous must be well beaten to be a complete success.

Chopped and pitted dates and turn into an ornamental mould that has been rinsed with ice water. Set on the ice to chill and harden and serve unmoulded accompanied by a little thin cream.

Cream Cheese Salad.

Chill the cheese thoroughly on the ice, then mash to a paste and add for each cheese of 10-cent size two tablespoonfuls of chopped parsley and two slices of minced green peppers. Blend well, roll with butter paddles into small balls and serve three for each portion on crisp white lettuce leaves that have been chilled and dressed with French dressing.

Moulded Date Rice.

Wash one cupful of rice in several waters and boil it rapidly in boiling water for five minutes. Drain, add two cupfuls of milk and cook slowly until the rice is tender and the milk absorbed. Dissolve three-quarters of a heaping tablespoonful of instant gelatin in four tablespoonfuls of hot water and add it to the rice with one-quarter of a cupful of sugar, a tiny pinch of salt, one teaspoonful of vanilla extract and half a cupful of whipped cream. Stir the mixture frequently as it cools, and when it begins to stiffen, fold in one small cupful of

chopped and pitted dates and turn into an ornamental mould that has been rinsed with ice water. Set on the ice to chill and harden and serve unmoulded accompanied by a little thin cream.

Watermelon Compote.

This will be found one of the most delicious summer delicacies, and it is very easily prepared. Scoop out with a small ice cream scoop the pink flesh from a ripe watermelon, and pack into a preserve jar with a water-tight cover. Pour over sufficient Marshmallow cordial to moisten, adjust the rubber and cover the jar with ice and rock salt until the melon is icy cold and the syrup of the consistency of snow. Serve quickly in small ice cream cups. In preparing this recipe be careful not to freeze.

Clam Fritters.

Place in a mixing bowl one cupful of clam liquor, half a cupful of milk and two well beaten eggs. Then add one pint of drained, chopped clams and sufficient sifted flour, mixed with one heaping teaspoonful of baking powder, to form a batter stiff enough to drop from the spoon. Stir in one table-

spoonful of olive oil and fry by the spoonful in deep, hot fat to a crisp brown. Drain for a moment or two on brown paper and serve on a folded napkin, garnished with quarters of lemon, dipped in chopped parsley.

Peach Ice Cream.

If these directions are followed exactly a very rich, smooth cream will result: Heat in the upper part of the double boiler one pint of milk with a pinch of salt and stir in one heaping tablespoonful of cornstarch moistened to a paste with a little cold water. Cook, stirring constantly, for eight minutes. Have in readiness two eggs that have been beaten with two heaping tablespoonfuls of sugar; add this to the cornstarch mixture and cook for a moment or two longer. Do not let it boil or it will curdle. Remove from the fire and when cold fold in half a pint of sweetened whipped cream. Turn into a chilled freezer, and when about half frozen add a cupful and a half of sweetened peach pulp. Use sliced peaches, pressed through the potato ricer. Continue freezing until firm and smooth, and re-pack in ice and salt for two or three hours to ripen.

Monday.

BREAKFAST.

Plums Cherries
Steamed Cereal
Shirred Eggs with Mince Tongue
(last of cold tongue)
Maryland Biscuits Coffee
LUNCHEON.
Cream Cheese Salad
Thin Brown Bread and Butter
Sliced Peaches Mocha Cake
(from Sunday night's supper)
DINNER.
Bean Soup (from tongue bone)
Crown Roast
Veal Loaf Brown Gravy
Creamed Potatoes Peas
Cucumber Salad
Cottage Pudding Raspberry Sauce

Tuesday.

BREAKFAST.

Cantaloupes
Uncooked Cereal
Browned Vegetable and Bacon Hash
Popovers Coffee
LUNCHEON.
Sliced Veal Loaf
(from last night's dinner)
Tomato Sandwiches
Molded Date Rice
DINNER.
Cheese Canapés
Escalloped Haddock with Tomatoes
Potato Balls Buttered Beets
Egg Salad
Watermelon Compote

Wednesday.

BREAKFAST.

Red Raspberries
Creamed Fish with Green Peppers on Toast
(from last night's dinner)
Vienna Rolls Coffee
LUNCHEON.
Combination Salad
Rolls (reheated)
Chocolate Cup Cakes Orangeade
DINNER.
Jellied Bouillon
Roast Forequarter of Lamb Mint Sauce
Browned Potatoes Green Corn
Lettuce French Dressing
Fruit Junket

Thursday.

BREAKFAST.

Molded Cereal with Dates and Figs
Broiled Ham Radishes
Buttered Toast Coffee
LUNCHEON.
Clam Fritters
Bread Sticks Cold Slaw
Ginger Cookies
DINNER.
Corn and Tomato Chowder
Cold Sliced Lamb
Browned Dressing Cakes
Chutney Sauce Potatoes au Gratin
Vegetable Salad
Peach Pan Dowdy

Friday.

BREAKFAST.

Blueberries
Calf's Liver and Bacon
Gluten Rolls Watercress
Coffee
LUNCHEON.
Curried Lamb
in the chafin dish
(from last of cold lamb)
Buttermilk Biscuits
Jellied Blackberries
DINNER.
Tomato Bouillon in Cups
Broiled Mackerel Potato Puff
Creamed Cucumbers
Sliced Tomatoes French Dressing
Squash Pie

Saturday.

BREAKFAST.

Black Caps
Cornmeal Mush.
Dropped Eggs Grilled Tomatoes.
Brown Bread Toast Coffee.
LUNCHEON.
Pickled Fish.
(From left-over mackerel.)
Cucumber Sandwiches.
Individual Blueberry Puddings.
DINNER.
Olive and Anchovy Canapés.
Chicken Pot Pie.
String Beans Mashed Potatoes.
Chicory Salad Tapioca Jelly.

Sunday.

BREAKFAST.

Sliced Peaches.
Uncooked Cereal.
Codfish Cakes Bacon.
Coffee Cake Coffee.
LUNCHEON OR SUPPER.
(From Chicken Pot Pie.)
Finger Rolls.
Iced Tea Coffee Cream.
Pie.
DINNER.
Vegetable Soup.
Planked Steak with Mushrooms.
Hashed Brown Potatoes Succotash.
Fruit Salad.
Peach Ice Cream.